

Self Medicating with Internet Porn

Posted by Cholentfresser - 02 Jun 2011 10:59

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I realised something recently that my problem with internet porn actually has nothing to do with gaining sexual relief (BH I avoided coming to motzai zera). What my need to look at internet porn was actually about was reproducing in my body and in my head the feeling that looking at porn gave me. It wasn't about any sexual response or desire per se rather about simulating a feeling within me (which was never ever satisfying). I guess that this feeling this medication for my brain which never ever served to satisfy me is exactly the same feeling that drug addicts, alcoholics etc have. And the reason why when I'm in the moment and there is a little voice saying "no. no. dont do this" and I manage to ignore that voice is because my brain, my body and my emotions are all telling me "yes, yes, I know, but I need this".

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Re: Self Medicating with Internet Porn

Posted by musicman - 02 Jun 2011 14:03

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And this is exactly why marriage never solves the problem, and sometimes even makes it worse.

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Re: Self Medicating with Internet Porn

Posted by ontheedgeman - 02 Jun 2011 14:22

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A great point and something every addict should be reminded of.

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Re: Self Medicating with Internet Porn

Posted by Me3 - 02 Jun 2011 15:03

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Dopamine - look it up.

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Re: Self Medicating with Internet Porn  
Posted by Cholentfresser - 02 Jun 2011 16:21

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[musicman wrote on 02 Jun 2011 14:03:](#)

And this is exactly why marriage never solves the problem, and sometimes even makes it worse.

Thats right cos - strange as it may sound, for me at least this is not exactly a sexual problem and therefore cant always be solves with sex. Actually I have a beautiful wife and a great sex life and we love each other v much (she has been amazing through out this problem) but this problem is an emotional/mental problem.

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Re: Self Medicating with Internet Porn  
Posted by ontheedgeman - 02 Jun 2011 17:13

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I am envious of the bochurs who have discussed this with their wives!! If my wife found out about this, it very well might be the straw to break the camel's back. If you *get* my point.

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Re: Self Medicating with Internet Porn  
Posted by Cholentfresser - 02 Jun 2011 17:51

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[ontheedgeman wrote on 02 Jun 2011 17:13:](#)

I am envious of the bochurs who have discussed this with their wives!! If my wife found out about this, it very well might be the straw to break the camel's back. If you *get* my point.

I do get your point, I think there were times when I could never have imagined telling my wife and then one day it all sort of came out. BH we have good Shlom Bayis and she said she knew anyway and she has helped me a lot. There are definately yeish deynos as to whether you should tell your wife or not and I wouldnt tell you what to do, but whatever you do you just have to keep on communicating, whether to people here on the forum, or to your Rebbe or friends, just keep on talking - as Eliahu Hanavi says "I will talk so that I may find relief".

Kol Tov and keep fighting brother.

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Re: Self Medicating with Internet Porn  
Posted by musicman - 02 Jun 2011 21:23

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Where is that Eliyahu hanavi quote? I love it.

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Re: Self Medicating with Internet Porn  
Posted by Cholentfresser - 04 Jun 2011 22:18

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It's actually Elihu Ben Barachel (also a Navi) abd its in Iyov 32:20

Shavua Tov

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